

General Commissioning Policy

Treatment	Female sterilisation
For the treatment of	Female sterilisation
Background	<p>NHS Scarborough and Ryedale CCG (SRCCG) commissions' healthcare on behalf of its local population across primary, secondary and tertiary care sectors. Commissioning policy including clinical referral pathways and thresholds have been developed and defined using appropriate NICE guidance and other peer reviewed evidence and are summarised here in order to guide and inform referrers.</p> <p>This commissioning policy is needed in order to clarify the criteria for female sterilisation.</p>
Commissioning position	<ul style="list-style-type: none"> • This is still commissioned by SRCCG • Regard as permanent cessation of fertility • Patient must have capacity to consent to procedure without acting under duress • Must have BMI <35 • Always offer a LARC method as an alternative to sterilisation before referral
Information to include in referral letter	<ul style="list-style-type: none"> • Parity and method of delivery • Methods of contraception used and why they were not continued • Discuss alternative methods – LARC, vasectomy • Cycle, NB patient must consider that periods may be heavier when hormonal contraception stopped • Smear history • Relevant past medical / surgical history • Current regular medication • BMI – must be less than 35 to be referred • Smoking status
Patient Information / PDA	<p>Make sure patient is aware that female sterilisation involves surgery (laparoscopy), is permanent and in all cases is not reversible on the NHS</p> <p>Patient information leaflet</p> <p>RCOG Jan 2004 – Sterilisation for women & men – what you need to know</p>
Date reviewed	January 2017
Next Review Date	2019
Contact for this policy	<p>CCG Service Improvement Team</p> <p>scrccg.rssifr@nhs.net</p>

References:

1. RCOG evidence based clinical guideline No 4 Jan 2004 0 Male & Female sterilisation

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